



Living with COVID

A discussion on how to cope with the realities of our new normal

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Living with COVID

- Will it ever go away?
- How can we resume a new normal?
- What are the impacts of COVID other than the acute illness?

Will COVID ever go away?

Pandemic

- Occurs when a disease's growth is exponential.
 - This means growth rate skyrockets, and each day cases grow more than the day prior.

Endemic

- is a disease outbreak that is consistently present but limited to a particular region.
 - Malaria is an example

Will COVID ever go away?

- COVID is unlikely to ever go away but hopefully will become like the flu that just circulates around
 - worse in certain times of the year in places
 - requires some of the same measures that we require for the flu, like having a regular revaccination."

How can we get to a new normal?

- driving factor in reaching that new normal is getting as many people as possible vaccinated for COVID-19 and receiving their booster vaccinations.



**Where do
we go
from here?**

What will the new normal look like

- Today I will focus of 5 aspects of our new normal
 - Normal at home
 - Normal Out and About
 - Children and the new normal
 - Financial outlook for the future

Normal out and about

- Now that virtually everywhere has ended lockdowns, be aware that now that you can move around, criminals can too
 - Ensure your doors and windows are locked
 - Be careful about posting your locations and valuables on social media

Normal out and about

- Discuss outings and their potential risks prior to leaving the house.
- Consider the crowd
 - Determine if the event is a high risk for spread of disease

Normal out and about

- Travel restrictions
 - Proof of vaccination and negative COVID infection affects where you go and for how long

Normal at home

- Practice health hygiene when entering your home.
 - Immediately wash your hands
 - Shower and change clothes if you work in a crowded environment

Normal at home

- Businesses have embraced remote working and digitalization
 - Space and technology will be key in choosing housing in the future
 - Optimize discussions about personal space and normalize having the need for “alone time” to decompress

Normal at home

- Guard against phishing and malware attacks
 - Only use your work computer for accessing company data
 - Use strong passwords
- Guard against excessive technology use and take technology breaks when not working

Children and the new normal

- Given that children have had increased access to the internet, it will be difficult to again restrict access
 - Allow use of internet in open areas of the house
 - Teach your children online and offline safety tactics
 - SET RULES for internet use and CONSISTENTLY follow them

Children and the new normal

- As children re-enter society and socialization, monitor for signs of bullying
- Monitor for signs of social distress
 - Anxiety and depression have risen due to social deprevation

Financial outlook for the future

- Goodbye cash, Hello digital/online payments
 - Use secure connections for online transactions
 - Use credit cards only
 - No protection for CashApp, Venmo, other quick payment services
- If a job looks too good to be true, it usually is.
 - Be careful about filling out applications with personal information

Financial outlook for the future

- Take care when investing in cryptocurrency, new business schemes and pyramid scams
- Cost of food and material items are on the rise
 - Decreased work force due to COVID spurs supply vs demand

Financial outlook for the future

- There will be a large need for the Service industry and tech industry

New Normal in Healthcare

- Telemedicine is the wave of the future
 - Can I really get quality care at home?
 - How do you determine if healthcare sites are reputable

New Normal in Healthcare

- Care for patients with chronic health conditions will likely occur by means of specially designed monitoring equipment aimed at reducing complications, enabling a full recovery, and providing their caregivers peace of mind.
- Home lab draw services

New normal in healthcare

- Patience with your healthcare team as they are figuring out what new normal is as well
 - Reduced number of visit slots to avoid crowds
 - Telehealth on certain days vs in person visits

Impact of living with COVID

Healthcare workers

- Anxiety
- Depression
- Insomnia
- Post Traumatic Stress Disorder (PTSD)

COVID 19 patients

- Insomnia
- Impaired concentration
- Anxiety/Depression
- Memory impairment

Healthcare cost of living with COVID

- An estimated 41% of adults in the U.S. have avoided medical care during the pandemic because of concerns about COVID-19.

Impact on Adults

- If routine care continues to be avoided, adults will miss opportunities for managing chronic conditions, getting routine vaccinations, and, possibly, early detection of new conditions.

Impact on Adults

- Since early 2020, breast cancer screenings have reduced by 89%
- colorectal cancer screenings have reduced by 85%.

Impact on Pediatric Patients

- As of May 2020, a decline exists in age-based vaccines for almost every age group of children compared with averages for recent past years.

Impact on Pediatric Patients

- This includes:
 - Failure to get routine childhood vaccinations
 - Failure to quickly diagnose developmental delay
 - These are most often picked up on routine preventative visits during the first 2 years of life

Impact on Pediatric Patients

- Failure to diagnose and treat your child's emotional illness
 - Students in grades 2 through 6, who were quarantined at home for an average of 34 days, completed a self-report survey in February and March 2020.
 - Anxiety symptoms and depressive symptoms were each reported by roughly 20 percent
 - Almost two-thirds were worried about becoming infected.

**Take home
points>**



- Covid 19 has had widespread affects on finances, health, and socialization

- Recognize the emotional and physical stress that the pandemic has cost and seek help
 - Normalize expressing when you're not OK.

- Have patience with each other...we are all trying to figure out how to get to a new normal